Obesity interventions: Comparing two theoretical approaches

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Citation
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Introduction

- Obesity is a major contributor to the burden of chronic diseases.
- U.S. Obesity prevalence has been increasing.
  
  1990 Obesity prevalence < 15%
  
  2011 Obesity prevalence > 35%
- Most determinants of obesity are social and behavioral.
- While social determinants may be addressed through regulatory actions, changing personal behavior is more challenging.
- There are a multitude of theories of behavior change within the psychosocial literature.

Objective

- Theory comparison is a process that helps us determine whether different theories are actually composed of similar constructs or whether they contain unique contributions.
- Theories Compared
  
  Theory of Planned Behavior (TPB) – non-nursing
  
  Health as Expanding Consciousness (HEC) – grand theory of nursing

Methods

- Utilized Fawcett’s framework for comparison - analysis, synthesis and critique
  
  - Components
  
    - Scope, core assumptions, and conceptual models
  
  - Application
  
    - Specific to obesity praxis
  
    - Outcome
  
    - Spheres of convergence and divergence

Findings

Components

<table>
<thead>
<tr>
<th>Scope</th>
<th>Theory of Planned Behavior</th>
<th>Health as Expanding Consciousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scope</td>
<td>Intention – predicts behavior. Intention is determined by attitudinal, normative, and behavioral components. Normative and behavioral components are functions of underlying behaviors. Normative &amp; behavioral variables change with varying manipulation.</td>
<td>Health is viewed as a single process with varying manipulation. Disease is a manifestation of the underlying person-environment relationship.</td>
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Conceptual Model

- Belief, Motivation, Norm, Control
- Pattern, Consequences

Application

Application in the Research Literature

- TPB – extensive
  
  - Quantitative studies - specific norms, beliefs, values that predict specific obesity-related behaviors.
  
  - HEC – single
  
  - Qualitative study - individual and shared patterns of women who maintained long-term weight loss.

Conclusions

- The theories complement each other in potential application.
- TPB application best for:
  
  Groups with high obesity prevalence
  
  Group intervention research
  
  Assessing the adequacy of operational concepts in standardized instruments
- HEC application best for:
  
  Individualized interventions
  
  Studies involving the use of self-reflection as intervention
  
  Uncovering emotional and subconscious contributors to the status of obesity

Outcome

- Three spheres of convergence and four spheres of divergence between the TPB and HEC theoretical models were identified.

References